

**ABSTRACT**

A treadmill that comprises a frame supported against the floor at its front and back sections, a belt section arranged on the frame, first means for turning the belt at a desired speed, and second means for adjusting the tilt of the belt section with respect to the horizontal, and a hand support structure extending upward from the plane of the frame in the operating position of the treadmill and comprising a support part on both sides of the frame. Extending from both support parts, there are low supports forming a low frame that are arranged to extend substantially parallel to the frame in the operating position of the treadmill and to rest against the floor at least in the area of the ends. The entity formed by the support parts and the low frame is turnably pivoted to the frame by means of a transverse shaft of the frame so that when the frame is lifted upright on one end, the entity formed by the support parts and low frame turns around the shaft, which is transverse to the frame, so that the ends of the low supports rest against the floor and form points of support to keep the frame upright.

(Figure 1)